



Tummy Time Tip Sheet For Your Baby

3 - 4 years

Motor skills are getting better, and my creativity and imagination flourish. Give your toddler opportunities for rich sensory taste, touch and movement experiences to help them learn and grow.

Remember Everyday...Tummy Time to Play

How I grow

- I run well in a forward direction.
- I jump in place with 2 feet together and I am beginning to jump over objects.
- I walk on tip toe.
- I can kick a ball forward.
- I can throw a ball with direction.
- I can hold a crayon and draw circles.
- I can drink from a straw and use a spoon without spilling.
- I can walk up and down stairs alternating feet.
- I can pedal a tricycle.
- I am showing a hand preference - am I right or left handed?



Things to do with me

- I like to lie on my tummy and color. Help me draw pictures of my family and familiar things.
- I like to swing - not too high or too fast.
- I like to play with playdough, show me how to roll, squeeze and pinch it.
- Take me to the park and help me climb, slide and challenge my muscles.
- Let me dress myself and play dress-up.
- Play matching games, let me lie on my tummy and turn cards over to find matches.
- Help me learn how to swim on my tummy.



Thanks for lots of good tummy time, I will have strong muscles to sit tall and pay attention in school when I grow up.

Clinton County Tummy Time Task Force

Clinton County Health Department
133 Margaret Street
Plattsburgh, NY 12901
Phone: 518-565-4798
www.clintonhealth.org